RACE DAY CHECKLIST

Take the pain out of packing with our triathlon gear planner

SWIM

- Wetsuit
- Goggles (tinted and clear for different light conditions)
- Swim cap
- Lube to stop chafing of wetsuit
- Number belt if you're not using safety pins
- Tri-suit
- Heart rate monitor/GPS if you're using one
- Timing chip and strap

BIKE

- Bike
- Helmet
- Sunglasses
- Bike shoes
- Mini pump
- Spare inner tubes
- Bottle(s) pre-filled with your race drink
- Jacket (optional dependent on weather and time of year racing)

RUN

- Run shoes
- Cap and socks if you wear them
- Jacket (optional dependent on weather and time of year racing)

OTHER

- Race registration paperwork and ID
- Pre-race drinks or nutrition, pre-mixed and ready
- Track pump to set tyre pressures
- Allen keys and other tools to deal with last-minute bike adjustments
- Safety pins for race number
- Energy gels, bars or other nutrition for the bike/run
- Warm clothing for post-race
- Roll of duct tape and some cable ties (optional for carrying nutrition)
- A towel for transition
- Post-race food
- Money for day membership if you're not a member of the BTF
- Bin liner to keep your pride and joy dry if racking up the day before a race
- Toilet roll for pre-race portaloo nerves
- Any medication (hay fever remedies, asthma inhalers and so on)

NOTES

EXPERT ADVICE EVERY MONTH

Published 13 times a year, each issue of 220 Triathlon includes…

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